

Year 8 PE

Learning Programme 4

Reading texts that pupils will study during the learning programme

Loric for LP4 is Initiative – students are taught how to think independently and are given opportunities to gain new experiences that enable them to use their imagination and common sense

The values we are learning about are **Justice and Integrity**:

Justice - Fair behaviour or treatment

Integrity - Being honest and having moral principles

What will I be learning about in this Learning Programme?

Athletics- The sport involving track and field events including running, throwing and jumping events. Students will learn how to perform at maximum levels and how accurately replicate techniques and skills in a range of different events.

Where have I seen this learning before?

In LP1 you investigated how your body responds and adapts to different types of physical activity. In Year 7 you learnt the core skills and safety procedures to be able to perform in athletic events.

What could I use it for?

In LP5 we will look at accurate replication in striking and fielding events. BTEC sport component 3 you will study how the body responds and adapts to exercise.

Where Did The Olympic Games Begin,
Unbelievable, Jessica Ennis

In LP4.1, I will know:	11/03/24 - (WK 1)	PR Focus	Key Vocabulary	Homework
what I will be learning this Learning Programme and how I will be assessed			Understand, Learn, Develop, Knowledge, Assessment	
In LP4.2, I will know:	18/03/24 - (WK 2)	PR Focus	Key Vocabulary	Homework
how the body responds and adapts to long distance endurance events how to effectively demonstrate correct technique for 1500m, 800m and 400m events how the body responds and adapts to short distance speed events			Cardiovascular Endurance, Pace, Response, Training, Muscular Endurance, Exercise	
In LP4.3, I will know:	8/04/24 - (WK 1)	PR Focus	Key Vocabulary	Homework
how to compare and contrast techniques and tactics used by elite relay teams how to demonstrate correct starting technique in the 100m and 200m events the difference between standing shot and glide shot Extended Task			Changeover, Communication, Speed, Pace, Leadership, Technique, Order	
In LP4.4, I will know:	15/04/24 - (WK 2)	PR Focus	Key Vocabulary	Homework
the correct safety techniques for shot put how to effectively demonstrate correct glide technique the difference between standing and run-up javelin throws			Safety, Power, Technique, Muscular Endurance, Release, Push, Speed, Trajectory, Extension, Hand Position	
In LP4.5, I will know:	22/04/24 - (WK 1)	PR Focus	Key Vocabulary	Homework
the correct safety techniques for javelin events how to effectively demonstrate correct run-up technique for javelin how the body responds to endurance and speed based athletic events			Safety, Power, Technique, Muscular Endurance, Release, Push, Speed, Trajectory, Extension, Hand Position	
In LP4.6, I will know:	29/04/24 - (WK 2)	PR Focus	Key Vocabulary	Homework
how to review own performance in three athletics events how to recommend valid improvements to performance in two athletic events the importance the power chain and posture in a discus throw Extended Task			Correct, Skill, Repetition, Understanding, Knowledge	
In LP4.7, I will know:	6/05/24 - (WK 1)	PR Focus	Key Vocabulary	Homework
the correct safety techniques and equipment for discus events how to effectively demonstrate correct posture in a discus throw how to accurately replicate techniques for three field and track events			Safety, Command, Instructions, Steps	
In LP4.8, I will know:	13/05/24 - (WK 2)	PR Focus	Key Vocabulary	Homework
how to review own performance in three athletics events and how your body responds to exercise how to recommend valid improvements to performance in two athletic events			Correct, Skill, Repetition, Understanding, Knowledge	
Resources to support learning:				
British athletics				
FFET Award Challenge for this Learning Programme:				
Attend an extra-curricular club, represent the academy at an event, attend an enrichment day, receive a subject praise postcard, attend a day trip, attend a head of year breakfast or afternoon tea, achieve 100 positive points on class charts, receive a letter of commendation from SLT, be invited to a wonderful Wednesday, receive a principals letter or be invited to a principals lunch, attend a residential trip, achieve the Duke of Edinburgh bronze award.				

PRT Task 2

PRT Task 1